

5 A Day Recipes

Beverages

Tropical Eye-Openers

Serves 4

- 1 large, ripe mango
- 1 cup 100 percent grapefruit juice
- 1/8 teaspoon grated nutmeg
- Sweetener as needed: about 1-2 teaspoons sugar or the equivalent in artificial sweetener
- 1 large banana
- 1/2 cup non-fat vanilla frozen yogurt
- 1 1/2 cups ice

Peel the mango over a bowl to catch the juices. Then, use a paring knife to slice the flesh away from the stone. Add all ingredients to blender container. Blend until smooth. Sweeten to taste.

This is an official 5 A Day recipe, providing each person served with one serving of fruit.

Recipe taken from Prevention Magazine's Quick and Healthy Low Fat Cooking Cookbook.

Nutritional Analysis Per Serving

Calories: 118
Fat: 0 g
Cholesterol: 0 mg
Fiber: 2 g
Sodium: 15 mg